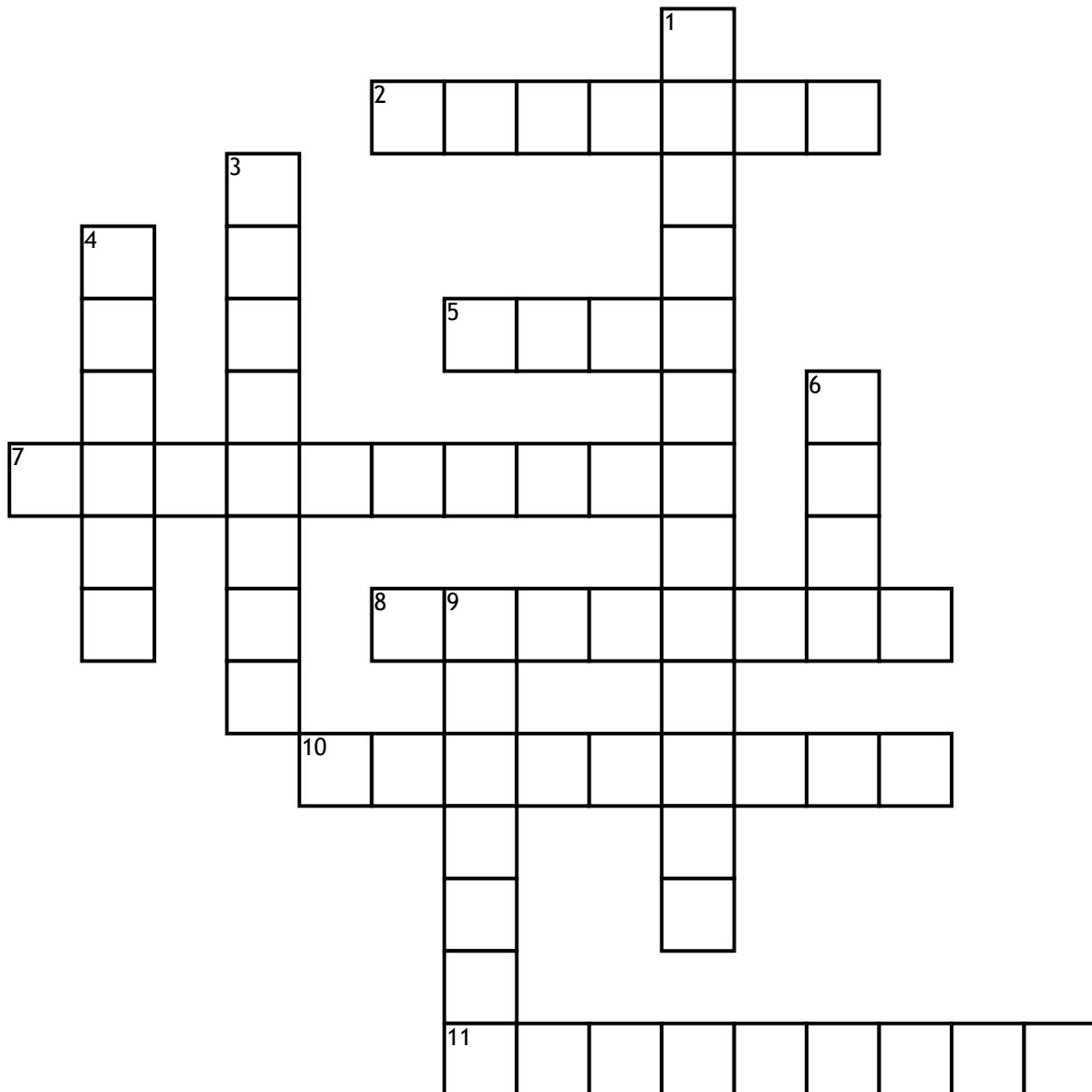


Eastern Nutrition: Fruits



Across

- 2. For thirst, constipation and heat in the intestines.
- 5. For lack of breast milk after childbirth. For coughing and dry throat. For hemorrhoids and constipation due to dryness. For deficiency of SP/ST --> poor appetite.
- 7. Clears heat, especially summer heat. Can be used for ulcerations of the mouth due to excessive heat.
- 8. For indigestion of meat, diarrhea or dysentery, blood stasis - angina or abdominal pain.
- 10. Moistens Lung and dissolves phlegm, promotes the production of body fluids, astringent to intestines. Can be used for bloody stools due to hemorrhoids or dysentery or thirst and cough due to yin deficiencies.
- 11. For thirst due to stomach yin deficiency and vomiting/loss of appetite due to disharmony of the stomach. Could also be for coughing due to Lung Heat.

Down

- 1. For carbuncles due to Excessive Heat.
- 3. Dizziness, tinnitus and insomnia due to Yin and Blood deficiency + diabetes due to yin deficiency.
- 4. For thirst, constipation, dry stool, hemorrhoids due to intestinal dryness.
- 6. For GREAT THIRST due to fever and cough due to Lung Heat or Phlegm Heat.
- 9. For thirst + dry throat due to Stomach Yin Deficiency and coughing due to Lung Heat or Lung Dryness.